Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Canned Pork and Gravy in Family Meals

The canned pork and gravy now available through the U. S. Department of Agriculture's Food Distribution Program is prepared from currently-produced, good quality pork. It has been boned, trimmed, cut and mixed with gravy before filling into cans and processing. Each can contains approximately 26 ounces of meat and 3 ounces of gravy. The canned pork and gravy should be stored in a cool dry place. After opening cans, left-over meat should be kept in the refrigerator.

The canned pork and gravy is flavorful and when heated is ready to serve just as it comes from the can. Or it may be sliced and heated or served cold. Pork slices best when chilled. In combination with other foods, a variety of delicious main dishes may be prepared. By itself, it is a protein-rich food which is also an excellent source of thiamine. It can serve as the basis for hearty, satisfying meals high in nutritive value. The following recipes were developed by the Human Nutrition Research Division, Agricultural Research Service of the U. S. Department of Agriculture.

PORK STEW

2 medium-sized onions, quartered
2 medium-sized carrots, diced
2 medium-sized potatoes, diced
1 cup celery, cut in 1-inch pieces
3 cups vegetable liquid
1/4 cup flour
1/2 teaspoon salt
1/2 can pork and gravy, diced

Boil vegetables until tender. Save the cooking liquid. If necessary, add water to bring up to 3 cups liquid. Mix with the flour and salt. Cook until thickened, stirring constantly. Add the pork and gravy to the thickened liquid. Stir the vegetables into the meat mixture; combine carefully. Makes 6 servings.

CREAMED PORK ON NOODLES

1/4 cup butter or margarine
1/3 cup flour
3/4 cup nonfat dry milk
3 cups water
1 can pork and gravy, diced
3/4 teaspoon salt

Heat the butter or margarine, stir in the flour. Sprinkle the dry milk over the water and beat to blend. Stir the milk into the flour mixture and cook to a smooth sauce, stirring constantly. Add the pork and gravy and salt. Heat the mixture thoroughly and serve over noodles. Makes 6 servings.

UNITED STATES DEPARTMENT OF AGRICULTURE
Agricultural Marketing Service

AMS-436

MARCH 1961

U.S. DEPT. OF AGRICULTURE
LIBRARY
APR 4 - 1961
CURRENT SERIAL RECORDS

BAR-B-Q PORK

1/4 cup vinegar
3/4 cup water
1-1/2 cups catsup
1 large onion, chopped
1-1/2 teaspoons dry mustard
1 tablespoon brown sugar
1/2 teaspoon salt
1 can pork and gravy (cut into 6 slices)

Combine all ingredients except the meat, simmer for 5 minutes. Place the meat slices in a baking pan, pour sauce over the meat and bake at 350° F. (moderate oven) for 40 minutes. This may be heated on top of the stove if oven space is not available. Makes 6 servings.

PORK ROLL

1-1/2 cups sifted flour
2 teaspoons baking powder
3/4 teaspoon salt
2 tablespoons nonfat dry milk
1/4 cup shortening
1/2 cup water
1 tablespoon onion, chopped
1/2 can pork and gravy, chopped

Sift flour, baking powder, salt and dry milk together. Cut or rub in shortening until well blended. Slowly mix in water, using just enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll to 1/4 inch thickness. Mix the onion and pork and gravy together; spread evenly over the dough. Roll like a jelly roll. Cut roll into 6 slices. Place cut side up on a greased baking pan and bake at 450° F. (hot oven) for 20 minutes. Serve hot with gravy. Makes 6 servings.

SLICED PORK WITH STUFFING

1 large onion, chopped
1/4 cup butter, margarine or other fat
1/2 teaspoon salt
3/4 teaspoon poultry seasoning
2 quarts bread cubes
1/4 cup water
1 can pork and gravy (cut 12 slices per can)

Make stuffing: Brown onion in the fat. Add seasonings and bread cubes, mix well. Stir in water and remove from the heat. Arrange 6 slices of pork and gravy in a greased baking pan. Place 1/4 cup stuffing on each slice of pork and gravy. Flatten stuffing with a fork. Place one slice of pork and gravy on top of each portion of dressing. Bake at 425° F. (hot oven) for 10 minutes. This may be browned in a frying pan on top of the stove. Turn to brown other side. Serve with gravy or sauce, if desired. Makes 6 servings.

GRAVY

3 tablespoons meat drippings or other fat
1/4 cup flour
3/4 teaspoon salt
Few grains pepper
2 cups water
1 cup canned pork and gravy, chopped

Melt the fat and blend in the flour to make a smooth mixture. Add the water, cook over low heat, stirring constantly, until thickened. Season and add the meat. Cook 5 minutes. This may be served over mashed potatoes; if the main dish, use 2 cups chopped pork and gravy. Makes 6 servings.

PORK-MACARONI OR -RICE CASSEROLE

1/3 cup nonfat dry milk
1-1/4 cups water
1 cup grated cheese
1 egg, beaten
2-3/4 cups cooked macaroni or rice
1/2 can pork and gravy, diced

Sprinkle the dry milk over water and beat to blend. Heat the milk and stir in cheese. Combine egg, macaroni or rice and the pork and gravy. Pour cheese sauce over the mixture and mix well. Place mixture in a greased baking dish and bake at 350° F. (moderate oven) for 40 minutes or until lightly browned. Makes 6 servings.

SCRAPPLE

1 quart water
1-1/3 tablespoons flour
1-1/3 cups cornmeal
1-1/4 teaspoons salt
1/4 teaspoon poultry seasoning
1 can pork and gravy, finely chopped

Heat half the water in a heavy pot. Mix flour, cornmeal, salt and poultry seasoning together. Stir in the remaining cold water. Slowly stir the cornmeal mixture into the hot water. Cook, stirring until the mixture thickens; cook 30 minutes longer. Stir in the pork and gravy. Pour the mixture into a well-greased loaf pan. Cool quickly and refrigerate. When firm, cut in slices and roll in flour. Fry in a small amount of fat and cook until brown on the bottom, turn to brown other side. Makes 6 or more servings.

MOCK PORK SAUSAGE

1 can pork and gravy, finely chopped
1-3/4 teaspoons salt
1-3/4 teaspoons powdered sage
1/2 teaspoon black pepper

Combine all ingredients. Refrigerate and let stand 12 hours to blend seasonings. Shape into patties and pan-fry or bake. Makes 6 servings.

MEAT SAUCE

1 medium onion, chopped
1 tablespoon fat or oil
1/2 can pork and gravy, chopped
2/3 cup tomato paste
1-1/2 cups water
1 teaspoon sugar
1-1/2 teaspoons salt
1/4 teaspoon worcestershire sauce, if desired

Lightly brown onion in the fat or oil. Add remaining ingredients and simmer for 1 hour or until thick.

Serve over cooked noodles, rice, or spaghetti.

ADDITIONAL SUGGESTIONS FOR USING CANNED PORK AND GRAVY

Spaghetti sauce
Pizza topping
Potato patties
Scrambled eggs
Spanish rice
Hash
Stuffed peppers
Baked beans
Boiled beans with pork
Creamy potato soup with pork cubes
Beans and pork salad
Fried pork slices and apples
Croquettes
Chili con carne
Tamale pie
Shepherd's pie
Dumplings in pork gravy
Sandwich fillings
Cabbage rolls
Stuffed tomatoes or acorn squash
Ravioli
Baked pork slices with sweet-potato topping
Scalloped potatoes, sliced pork, and onions